

GOAL SETTING



*The Strength to Plan, Execute,
and Persevere Through Challenges*

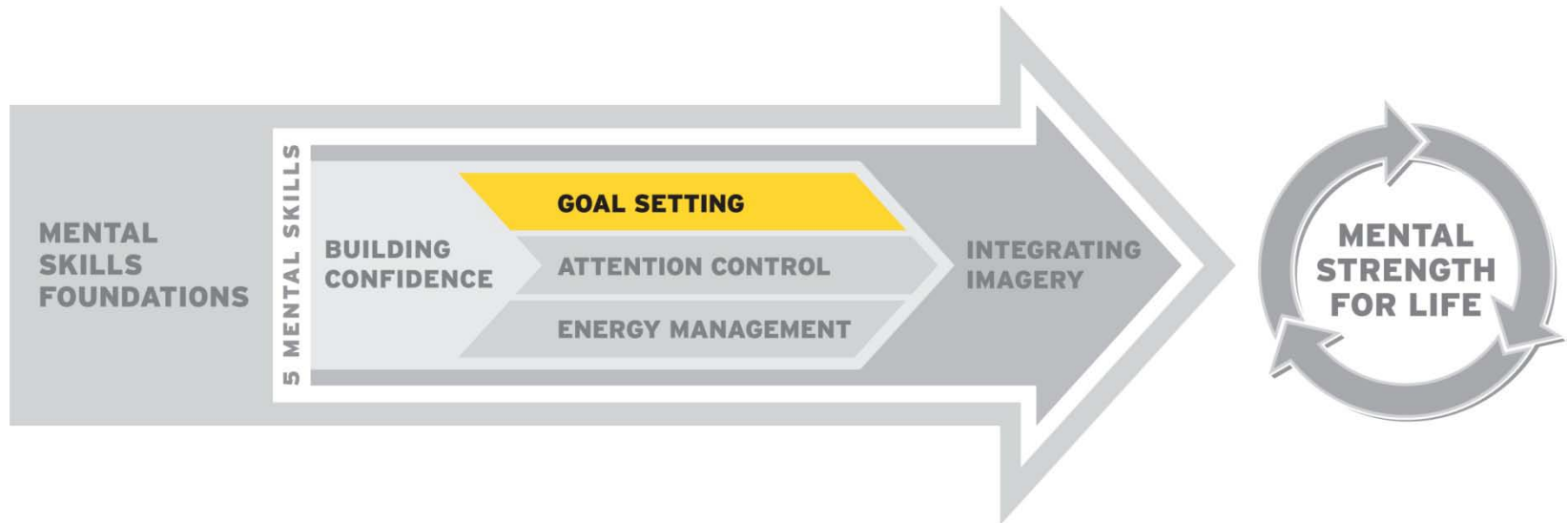


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ACEP Performance Education Model



GOAL SETTING

Defining concrete steps to create a well-documented path to success.



Lesson “Goals”

By the end of this lesson, Warriors in Transition will be able to:

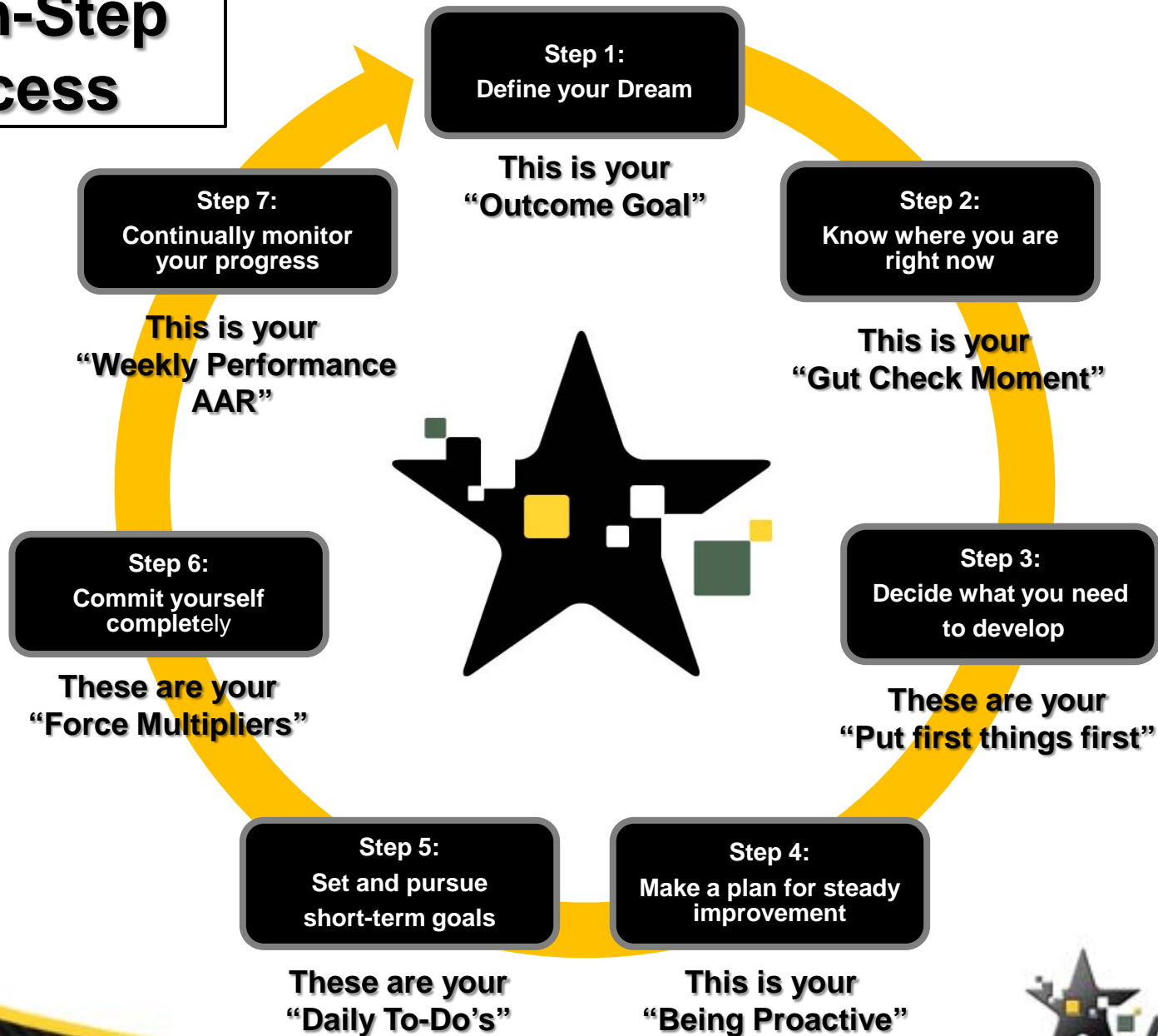
- Describe what goal setting is and how it works.
- Teach key points that underlie setting effective goals.
- Overcome roadblocks to goal attainment.
- Develop systematic goal plans.
- Ensure sustained commitment to goal plans.



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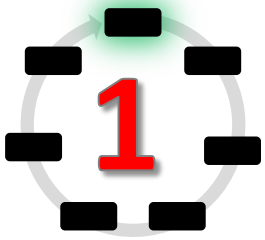


Seven-Step Process



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Define Your Dream



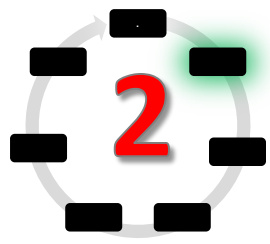
Take a moment and ask yourself...

- What accomplishments, achievements, or experiences would be worth your very best effort?
- What would you attempt if you knew it was impossible to fail?
- What would you go for if you could put your heart and soul into just one thing?



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Know Where You Are Right Now



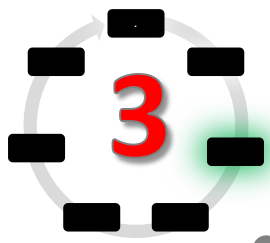
- What specific strengths do I bring to this challenge? Which areas need improving?
- What obstacles might get in my way?
- What have I learned from my past experiences that will help me understand my situation?
- Where am I now in relation to where I want to be?



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Decide What You Need To Develop

- After establishing outcome goal...
 - Identify roadblocks to success
 - List 3-5 priorities

“I return to my Unit in the best shape of my life.”

Priority 1:
“My Body is Strong and Healthy”

Priority 2:
“My Heart is Devoted”

Priority 3:
“My Mind is Strong”

Priority 4:
“My Spirit is Alive”



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Make a Plan for Steady Improvement



- What can I do on a regular basis ?
(Action Statements)
- How must I think on a regular basis?
(Belief Statements)
- Write 4 action and 4 **supporting** belief statements for each priority.
- Make your belief statements first-person, powerful, positive, and present tense.



Action and Belief Statement Examples: Priority #1

"My Body is Strong and Healthy"

"I return to my Unit in the best shape of my life"

Action Statements

- I adhere to my rehab schedule and attend every session.
- I practice all preventative advice that my triad team offers me, particularly nutrition and rest.

Belief Statements

- "I become healthier, stronger, and more energetic each day."
- "I fully prepare my body everyday to achieve my dream.."



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Set and Pursue Short-Term Goals: Your Daily To-Do's

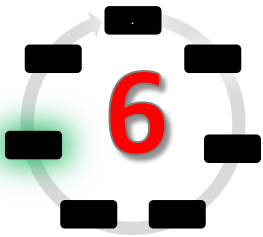


- The drudgery of rehab takes its toll.
- Don't expect to complete everything on your goal plan everyday...
- Instead, set 1 or 2 daily to-do's each day that relate to your action and belief statements.
- Write these in your personal organizer or type them into your Blackberry everyday!

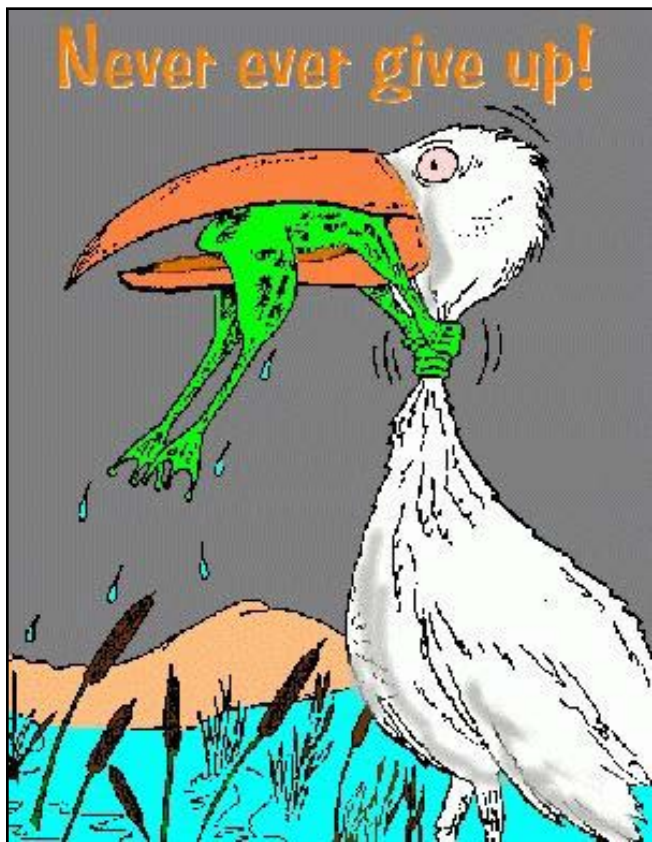


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Commit Yourself Completely



- Commitment is not about how...It is about will!
 - It is about having a deep belief in yourself and a strong desire for accomplishment.
- Aligning what you want with what you do.
- Keep your eyes on the mission and your mind on the task.
 - Create ways to trip over your goals daily.



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Monitor Your Progress



- Goals are works-in-progress.
- Log daily and weekly efforts.
 - Celebrate even the smallest accomplishments.
 - Change strategies and re-adjust the plan as needed.
Stay on the critical path!
- Monitoring goals can assist in building your confidence.



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YOUR PERSONALLY MEANINGFUL OUTCOME GOAL

Your 1st Priority Area

- ✓ 3 to 5 action statements aimed at this priority
- ✓ 3 to 5 belief statements to bring to your actions

Your 2nd Priority Area

- ✓ 3 to 5 action statements aimed at this priority
- ✓ 3 to 5 belief statements to bring to your actions

Your 3rd Priority Area

- ✓ 3 to 5 action statements aimed at this priority
- ✓ 3 to 5 belief statements to bring to your actions

Your 4th Priority Area

- ✓ 3 to 5 action statements aimed at this priority
- ✓ 3 to 5 belief statements to bring to your actions

Summary statement, unit motto,
or relevant quote



I return to my Unit in the best shape of my life!

My Body is Strong and Healthy

- I adhere to my rehab schedule and attend every session.
- I make the most of every session, exercise, set, and repetition.
- I practice all preventative advice that my triad team offers me, particularly nutrition and rest.
- I stretch after every workout; ensuring my muscles are prepared for recovery.
- I become healthier, stronger, and more energetic each day.
- I fully prepare my body everyday to achieve my dream.
- I am physically stronger than I was yesterday.

My Heart is Devoted

- I interact daily with my Battle Buddy.
- I work to develop my inner strength as much as my outer strength.
- Everyday, I strengthen my communication skills with my support systems.
- I take action each day to resolve conflicts in my life.
- I believe that I can give as much to the program, every day, as I am receiving. My efforts matter here.
- I hold myself accountable for my actions.
- I do what it takes to ensure that my relationships are strong and healthy.
- My Family and I have a strong and unbending relationship based on trust, respect, and love.

My Mind is Strong

- I remain positive, and shrug off cynicism and sarcasm.
- I practice my relaxation and healing imagery daily without exception.
- I allow for open communication with my support systems daily...My Family, fellow Soldiers, and WTU Staff are there for me.
- I fully trust myself and those involved in my rehabilitation and transition.
- I am an optimistic person who overcomes mental obstacles each and every day.
- I approach my transition in a systematic, organized way.
- I practice the skills learned in ACEP class, to make me mentally stronger every day.

My Spirit is Alive

- I work every day to build a confident and powerful self-image.
- I do something considerate and selfless each day.
- I remain patient with myself and other people today, knowing that each of us is human and prone to error.
- I make my spiritual life a priority and make moral decisions daily.
- I trust myself and my body's natural ability to heal, and I allow this trust to infuse my emotions.
- When I can't control the situation, I control my reaction to the situation.
- I am grateful for the positive aspects of my life, and reflect on these things each day.
- I support and appreciate my strengths today.

Warrior in Transition Feedback

"I went home at night trying to practice each day's lessons. I felt this class helped me to be more calm and focused."

- Warrior in Transition, Walter Reed Army Medical Center

"It helped me boost my confidence...Learned how to achieve goals using new ideas."

- Warrior in Transition, Fort Hood, TX

"If I get very serious about applying all that I have learned and use all the tools I have been given, I feel I will surely be a success."

- Warrior in Transition, Fort Knox, KY

"I am mentally stronger and more self empowered than ever before."

- Warrior in Transition, Fort Gordon, GA

"Since my injury, this is the best I have felt about myself, my situation, and my future. Thank you so much."

- Warrior in Transition, Fort Sam Houston, TX



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“You hear about those guys who get to the gates and look back to say ‘What’s next?’. I’m sure now that I will never be one of those guys. I know exactly what I want, and now I know how to get it.”

Warrior in Transition
Fort Sam Houston, TX



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Practical Exercise:

Personal “Philosophy of Excellence”

Step 1:



- What stood out to you as a “light bulb” moment?
 - What is the one thing that you will take with you from this lesson?
- Revisit the “Philosophy of Excellence” exercise in your Student Guide...
 - Take a moment to record these insights in the appropriate space provided.

Step 2:



- How will you take action?
 - What is one way that you can apply the concepts in this lesson to your life today?



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What Research Tells Us About Goal Setting

- Specific, challenging goals are more successful than easy, vague goals
- Personally meaningful goals that are set by the individual are more successful than general goals
- Social support and accountability promote goal attainment
- Self-awareness is an important aspect of goal setting and goal attainment



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Recent/Ongoing Studies Including Wounded Soldier Population

- Including Soldiers with TBI, PTSD, amputations, pain management issues
- Completed studies:
 - Clinical trials (prosthetics)
 - Physical health related to impairment(s)
 - Efficacy of treatment options
 - Comorbid diagnoses associated with these conditions
- New studies:
 - Sleep disturbances, pain management, cognitive & auditory processing disorders, other health-related issues
 - Relationship between injuries and psychological variables, impact of injuries on psychological health
 - Family functioning, family physical/psychological health



Challenges

- Identifying appropriate outcomes that constitute success for the Warrior in Transition
- Working within the Warrior Transition Unit environment
- Conducting research on a vulnerable population within the Army
- Conducting longitudinal studies



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Challenge:

Identifying Appropriate Outcomes

- Achieving clinician-set treatment goals
- Achieving personal goals
- Length of transition
- Self-esteem
- Fewer negative incidents in the community (e.g., DUI, domestic violence, etc.)
- Fewer negative psychological health outcomes/medical issues beyond transition



Challenge:

Working Within the WTU Environment

- Differences by location
- Broad spectrum of issues/needs/capabilities of Warriors in Transition



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Challenge: Warriors in Transition are Vulnerable Population

- IRB issues/concerns
- Controlled access to this population for researchers outside the Army medical community



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Challenge: Conducting Longitudinal Studies

- Keeping track of/contact with Warriors in Transition who:
 - Return to civilian life
 - Return to their unit



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Additional Challenges?

Solutions?



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Ways Ahead

- Metrics on the Warrior in Transition community
- Evaluation of the goal setting phase of the CTP
- Research/evaluation of (non-clinical) support programs available to Warriors in Transition
- Research including other members of the Warrior in Transition community



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Ways Ahead: Metrics

- Demographic data
- Types of medical/clinical diagnoses



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Ways Ahead: Evaluation of Goal Setting in the CTP

- Best practices among variation(s) of application of CTP
- Measures of efficacy



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Ways Ahead: Research/Evaluation of Support Programs for Warriors in Transition

- Program evaluation
 - Both formative and summative
 - Identify best practices & lessons learned
- Research on ACEP education for Warriors in Transition
 - Efficacy of education/acquisition during rehab/transition process
 - Efficacy of application during rehab/transition process, RTD/civilian life



Ways Ahead: Research on WT Community

- WTU Cadre
 - Relationship of hardiness/resilience with caregiver fatigue
 - Negative psychological/physical health outcomes and behaviors
 - Additional research on ACEP education for WTU Cadre members
 - Efficacy of application of skills in position in WTU
 - Impact on psychological health, caregiver fatigue/burnout
- Families
 - Pre-deployment intervention studies – longitudinal
 - Spouse/family mental health
 - Skills/strategies to support family functioning during/post-deployment



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Other ways ahead?



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